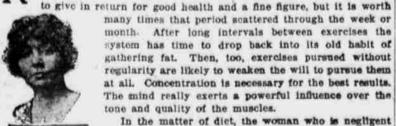
Summer Beauty Talks The Flatt Family And Health Hints

By Pauline Furlong

Regular Exercises Important Aid to Health

EGULARITY is one of the most important points in seeking speedy and healthy reduction of flesh. Ten minutes every day is not much give in return for good health and a fine figure, but it is worth



will all the more easily yield to desire for wrong foods. The fat woman need not starve herself, but she must assiduously follow a rigid non-fattening diet, eliminating oils, butter, fats, cream, starch, fresh white bread, sweets, pastries, hot cakes, pork and all fat meats, cheese, cocoa, chocolate, ice cream, bananas, grapes, sweet grape juice and

This may sound as if practically nothing of relish were to be eaten by he fat woman, but really she has a large variety of edibles from which to choose. Lean meats, poultry, all sorts of fish and shell fish, thin soups, salads with boiled dressing, green vegetables, fruits cooked and raw, toast and all dark breads form a list from which can be arranged menus at least as inexpensive as the more elaborate ones and certainly more wholesome and more easily digested.

The fat woman who is robust enough to stand strenuous exercise The fat woman who is rootst thought a wonderful aid in the without straining her muscles will find bowling a wonderful aid in the reduction of the upper arms, shoulders and shoulder blades, but this game can easily be overdone.

Menu for to-day: A glass of hot water and lemon juice half an hour before breakfast. Breakfast or luncheon, berries, tomato omelet, toast and coffee. Dinner, roast lamb, cauliflower, lettuce and tomato salad,

Keeping Dainty Frocks Fresh

By Leslie Gordon

ZOIN-MARGARET W.: Take small nesta. Corrective diet is also necessary. umps of gum benzoin and place them in a bottle containing one-half pint pure alcohol. Continue to add the imps from time to time, shaking at intervals, until the alcohol will not take any more of the lumps.

TAR SOAP FOR SCALP—MRS. KATHERINE F.: Tar soap is beneficial for crusty or scaly or oily condition of the scalp. It contains much glycerine, which is drying to the skin.

TO EFFACE SCARS—MRS. D. M. T.: Skin peeling will likely efface the scars if they are not too deeply rootscars if they are not too deeply roct-ed. Gentle manipulation may also help remove them. Once each day massage the scars with the follow-ing: Boric acid, 3 teaspoonfuls; alco-hel, 1 ounce; tannic acid, 2 teaspoon-fuls; orange flower water, 1 ounce,

dry faded a dirty yellow.

My friend, who is thrifty enough to

have all ber best "duds" done up at

home, looked upon me disapprovingly

and said: "It is a shame to fade a

iress like that for it is absolutely

to with it now is to get a little pink

frock. Leave it in this solution for

wenty minutes or so and rinse out

in cold water. Dry in the shade and

your frock will look as good as new.

You can prevent light colored dresses

from fading by always banging them

in the shade or in the house to dry

have one half cupful of strong vine-

water in which they are rinsed. Don't

wring them out but permit to dry in the shade. Sait should be used

n the same way to fix the colors

composition and it stands to reason that if these colors are put into

will become so intensined that it will destroy the other elements of color. This is true of both green and laven-

disappears in the wash.

ns and they should never Reds and pinks also should

mry. The only thing you can

HOW TO MAKE ESSENCE BEN- | Dicarbonate of sods or milk of mag-

DRINKS WHICH ARE LAXATIVE

—NETTTE G.: Buttermilk, cider,
koumis, water and fruit julces are natural laxative drinks.

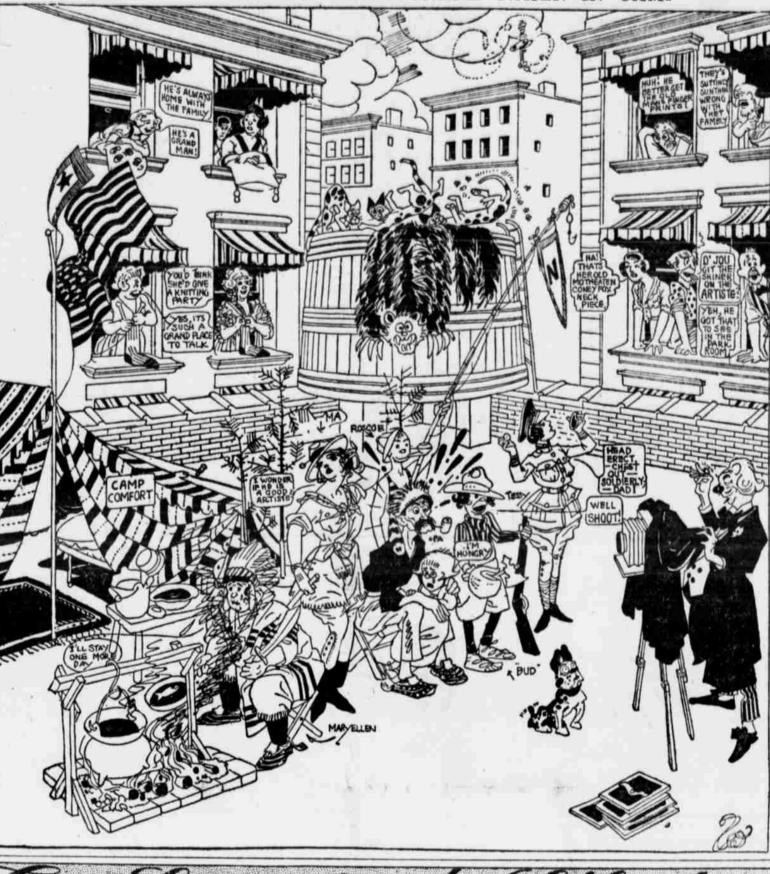
TO STERILIZE MANICURE
TOOLS STHELL H.: Dip the instruments before and after using in a 10
per cent. solution of carbolic acid.

ACIDITY OF THE MOUTH—MRS.
JOHN C.: This condition could cause
the continual dull "ains around teeth
and gums, because acidity of the
saliva causes inflammation. Rinse
mouth often with a strong solution of

They've Gone to the Roof for the Summer

By Levering
Cognition 1918, by the Free Publishing Co.
(The New York Eleming World.)

THEY HAVE A GROUP PHOTOGRAPH TAKEN IN CAMP



Original Fashion Designs For The Evening World's Home Dressmakers

By Mildred Lodewick New Fall Frock of Stylish Lines

would be a good notto to engrave in the front of every woman's expense account. It pays over and over again in satisfaction as well as in dollars and cents to plan carefully for the season's clothes expenditures. It is difficult, however, to adhere to one plan, regardless of what some other woman does, or of the "bargains" offered, or of some merely pretty or stylish frock which strikes one's fancy.

To make a staunch ecision to have but few lothes is about the best way to prepare one's mind for a judicious course in their selection, for if a woman firmly believes that she car have only one of any thing, no matter what it is, she is sure to weigh its choice duly.

For September days nany women will have satin or serge frock rom the spring, but those who have worn out their sorge dresses during the hot days of summer will assuredly need a replenishment.

The design I am offerng is on Princess lines, with no belt or other definition of the waistline, aside from the slight fit afforded by the scams. The main portion of the frock assumes the form of a tunic, which is slashed up from the lower edge

n four places, to reveal a foundation black satin skirt. This skirt may be separate from the frock, and be requisitioned as a complement to other frocks. The narrow strip of black that continues from a tiny yoke, down the front of the frock, with buttons each side of it, repeats the effect of the openings in the tunic. In the back a line of buttons down the centre, continuing a little below



Answers to Queries



L C Tan broadcloth collar and cuffs. Sleeves and belt could be cut on the bias of your material. Yes. the

tance. Who taught you such a the German, his hand outthrust brown goods like the

slowly, after a halting fashion and to head in the mud, you eater of dogs understand the gist of what was said and torturer of little children!"

to him. But he knew that his very The German flung himself at the first spoken word must infallibly be- speaker, but Jim was no longer there. Have tray him as an American. Yet it With his final word Braham disapwould not do to pretend he had not peared under water. And less than a heard, for the man was close at second later the German was amazed his elbow. As he hesitated he saw to find himself rising swiftly and

He shricked aloud. His companions "Who are you" rapped out the came rushing to his aid.

of the quartet could come alongside

threateningly towards Braham.

AND GOOD TASTE COMBINED IN THIS DESIGN. the points of the circular shaped side portions, serve the double purpose of utility and trimming. To complete the frock in a dashing manner are flaring cuffs of the satin.

Will you please suggest a suitable design for school wear, to be made of dark green woollen goods like sample, barred in tan? Am seventeen years of age, have light hair, rosy cheeks, blue eyes, Is the color become ing? Kindly ad vine what kind of a hat to wear with the dress-

color is becoming

help me to fix over for a school dress some cinnamon sample homespun)? I considered having it a guimpe dress, as there are only \$1-3 Am sixteen years old and intend making the dress myself. light hair.

brown eyes and good MISS T. M.

Self color or biscuit color satin for guimpe.



skirt of which is soiled so that it can be cut over? The bodice to draped with shoulder straps. Silver lace irops from beit line as a short pepluiti. Am twenty-four years of ige, 5 feet 31-2"inches tall, bust 35 Inches, weigh 115 pounds. MISS D.

From your skirt material prace out the top of the bodice and conceal the finest specimens of Italian piecing in the draping and cover with wide gathered collar. Blue net ale

THIN frocks are a most expensive item," I remarked this and let them remain for at least an hour. Then lay on the froning board, smooth out all the wrinkles by had just been returned from the laun-For Love and Liberty

dye, mix as directed, let it come to the all men must have been equal before scrutiny, had advanced so far ina bost, then pour into the tub with With Surprising Results To Several Germans

Ongright, 1918, by The Press Publishing Co. (The New York Evening Works).

SYNOPSIS OF PRINCEDING CHAPTERS.

The Braham, a roung New York lawyer, joins the army and falls in with Private Ruthven, of work on the other side. Then Braham starts on a single-handed inspection of the German to a opposite. He obtains as encountry officers gray clock to cover his own uniform, and spends the one of their own officers. He orders them solders from Braham next morning and mistake him is Braham faces him, expecting discovery. Pink or green cottons or linens should gar added to every two gallons of

CHAPTER III.

WHERE "ALL ARE EQUAL." of blue frocks or washable black maas the German soldier with the pitchfork halted at the entrance to the shed and strode back toward him.

of blue irocas or washable black ma-terials, Bluing improves some colored clothes and is a detriment to others. As everybody knows there are sev-eral chades that contain blue in their Braham wondered if perhaps a glimpse of his Yankee uniform or one leg of his puttees might happen to show through the enveloping cloak in that Boche cloak, I was not only gone into the water. and the straw. He was of two minds whether or not to anticipate any hostile move on the soldier's part by springing at him and trying to make impersonating a German officer, but with a query as to the coolness of

hostile move on the soldier's part by springing at him and trying to make impersonating a German officer, but with a query as to the coolness of a dash past bim and his comrade and out into the open.

Before he was able to decide on this last resource the German soldier settled the matter for him. Saluting, the man asked respectfully if he those cases. But what in blazes am poise dips which seemed to make him which enabled him to speak it, privilege of standing your color of dogs.

starch. Enough to give it a decided to have chosen this secluded spot fo color should be put in, otherwise the sleeping off of his polations.

Less, probably, through kindness of the sleeping of the sleepin

by his officer's brutality and has dared to envelop every visible inch of him. that had obsessed him ever since.

For a full half hour he swam about their way, barefoot, over the publics lations, the officer is permitted to night before had been dispelled by would raise his head to listen, and at street inches the results of the bank. One after another they I apply kerosene, using a small brush by his officer's brutality and has dared to envelop every visible inch of him, that had obsessed him ever since.

The first since is a small brush by his officer's brutality and has dared to envelop every visible inch of him, that had obsessed him ever since.

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The first since is a small brush by his officer's brutality and has dared to envelop every visible inch of him. "Slik stockings are another article lations, the officer is permitted to night before had been dispelled by would raise his head to listen, and at dived into the pool. For a minute or shoot or stab the offending soldier as the dawn-wind. But the heat of noon last his listening was rewarded, so Jim watched their antics. Then,

quickly in soapy water, which is no which had attacked him. more than luke warm. If the water is Knowing all this, it was too hot the silk becomes harsh and crimkly. Never wring silk stockings, but source then out and then rinse the character of his temporary role bank; first carefully peering through and fixed his gaze on the point where "side-stroke" so familiar to every ping. It carries a bicycle bell with in two waters of the same tempera- of German officer. But it was a mat- the cracks in the ture. A little bluing should be added ter of life or death to him, and he no one was near, to the water if the stockings are was selfish enough to be giad of the Close was proved to the stockings are was selfish enough to be glad of the Close-wrapped in the precious gray "there's no way of telling a Germans. As he neared the bank thereby pressing the button, and the that silk stockings should never be dread of their superiors.

sheer relief. He saw now that the shook his head and pointed once more military status? I suppose, technic- to the new arrivals. such cases they can be left in sheer relief. He saw now that the shook his head and pointed once more military status? I suppose, technic- to the new arrivals, bath for several hours and then soldier supposed him to have been to the doorway in fierce dismissal. He ally, I'm inside the enemy lines. They The newcomers at once began to

way is ironed it looks like new.

With these comforting reflections, for the intury of a late afternoon vice Jim did not stop to ponder. It

"If I find any spots on my clothes Records prove that more than one he burrowed still deeper into the swim. It was this sight which had served his turn.

And do not know what caused them German soldier has become infuriated straw and rearranged the cloak so as given him his fantastic idea—the idea. Chatting carelessly, the five made

white, but not for colored stockings. As he neared the Close-wrapped in the precious gray "there's no way of telling a German Germans. As he neared the There is another point that many cruel discipline which put private closk, he emerged into the open. Major General from a Bulgarian pri- one of the officers stopped his open and that is German soldiers in such cringing There a second look showed him he vate. The human skin is the grandest hols to watch him curiously. had the immediate neighborhood all to little diaguise ever invented. Yes, Jim,

made his way, naked, to the river woman. Great days!" edge. Here, on a rock, he laid his Over the hillock's crest strode five of a big white body which came to stranger. the gray cloak covered them entirely, laughing as they came. At sight of puzzled blue eyes that were staring himself and the bank and saw that This done, he walked to the brink, at Jim Braham's swimming figure, they at him from out of a red and putting he could easily reach shore before any

washing it should be rinsed through a gallon and a half of water in which while boiling hot a piece of g.m. swayed by love for his officers; rather along that a savagely granky officer dusty and yearning for a bath, he arabic about the size of a small nut has been dissolved. When a blouse has been dissolved and sharp has been dissolved. When a blouse has been dissolved and blow and keep others away."

The burglar Alarm Made of Bicycle Bell for a bath, he greated by a spring which is far-

bundled all his clothes to- clothes. There was no way, in those the bottom, when the German put the pool. The four others were still gether and covered them with the days, of telling a king from a rousts- on a burst of clumsy speed and over- at some distance from him and were cleak. He sallied forth once more and bout, or a queen from her washer- took him. Braham's first intimation just beginning to notice the colloquy of the other's approach was the glint between their comrade and this

bandled clothes and made sure that young German officers, chatting and a standstill close beside him and two. Jim measured the space between a spot where the curve of the stream paused, for an instant perhaps think- face. had gouged out a natural swimming ing some private soldler, or even "Kamerad," demanded the Ger. him. The water was only shoulder hole, and dived into the cool, brown some presumptuous peasant, had dared man, in real curiosity, and speaking deep where he stood with his feet "I wonder," he mused as he But their chosen bathing place, fluent Plattdeutsch, "where did planted in the community mud of the pool planted idly about, "if some expert But their gaze presently fell on the you pick up that outlandish stroke? bottom. splashed idly about, "if some expert on military law could tell me just gray cloak which covered a pile of it is like none I ever saw, except. The man at his side was the only on military law could tell me just gray cloak which covered a pile of it is like none I ever saw, except. The man at his side was the only on the covered a pile of it is like none I ever saw, except. clothes, and, laughing, they resumed when an Amerikanische prisoner obstacle between himself and the exewhat I am, at this minute? Inside the clothes, and, laughing, they resumed when an American month by swim- cution of his cherished plan. This man the clothes are a supplied to be discovered by their progress. The cloak explained tried to escape last month by swim- cution of his cherished plan. This man was at worst a scout, and liable to everything. One of their fellow off. ming. It was my own pistol which alone, therefore, remained to be disnothing worse than imprisonment in cers evidently had reached the pool brought down the man as he awam, posed of, case of capture. A few minutes ago, ahead of them and had undressed and A heat shot, considering the dis"Who are you" again demanded

be blued. Reds and pinks also should be blue cottons will be all kinds of blue cottons will be and of assisting him back to camp.

In might have the honor of brushing the straw from the Herr Ritter's clothes I now? Am I a spy or a scout? Or deaf to the question. Moreover, he what? Naked, all men are equal. But was swimming at the end of the pool greatly improved by a bluing bath, greatly improved by a bluing bath, greatly improved by a bluing bath.

Jim could have laughed aloud from With a truly frightful glare he if I were captured, what would be my further and had his back to the new arrivals.

on a spree of some violent sort and even glanced angrily about him, as hang captured men for wearing the east off their clothes, with the jolly to have chosen this secluded spot for if in search of something to hurl at wrong sort of clothes, and send them haste of truant schoolboys. Furtivethe sleeping off of his potations, the intruder's head. to a war prison for wearing the right ly watching, Jim noted where each his elbow. As he heattated he saw— to find himself rising swiftly and the saw—the curiosity in bodily through the water and high in will show up white on the blue mawell show up white on the blue malegisl.

Beart than from desire to curry favor thrown, the soldier ducked, instincpose of men who wear no clothes at when he had watched through the
with so awesome a potentiate as a tively, then turned and scuttled out all? Well, perhaps I'll have the bad field glasses the afternoon before,
with so awesome a potentiate as a tively, then turned and scuttled out all? Well, perhaps I'll have the bad field glasses the afternoon before,
lock to find out?

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with so awesome a potentiate as a tively, then turned and scuttled out all?

Well, perhaps I'll have the bad field glasses the afternoon before,
lock to find out? "Starch should never be used for a material that is very sheer and fine or that has colored flowers or figures on a white ground. After a careful officers thrash private soldiers or kick muttered the exultant Braham, half-washing it should be rinsed through a made the offer. In an army where officers thrash private soldiers or kick muttered the exultant Braham, half-washing it should be rinsed through a made the offer. In an army where officers thrash private soldiers or kick muttered the exultant Braham, half-washing it should be rinsed through a made the offer. In an army where officers thrash private soldiers or kick muttered the exultant Braham, half-washing it should be rinsed through a made the offer. In an army where officers through the field glasses the pre-And, as now, each man had collected officers thrash private soldiers or kick muttered the exultant Braham, half-washing it should be rinsed through a made the offer. In an army where officers through the field glasses the pre-And, as now, each man had collected officers through the field glasses the pre-And, as now, each man had collected officers through the field glasses the pre-And, as now, each man had collected officers through a made the offer. In an army where of the shed.

"Who are you." rapper of officers through the field glasses the pre-And, as now, each man had collected officers through the field glasses the pre-And, as now, each man had collected officers through the field glasses.

With these comforting reflections, for the luxury of a late afternoon vice Jim did not stop to ponder. It

though the latter were a mad dog brought a new promise of fog into the Along the path over the hillock which unobstrusively, he struck out for the warm air. At mid-afternoon, Jim hid from view the German trenches, bank-the bank on which were the Knowing all this, it was a genuine Braham left his shed and came out came the sound of footsteps and the six mounds of cloak-covered garof German officer. But it was a mat- the cracks in the shed to make sure the path topped the knoll. American and so different from the clockwork. When the door strikes "In swimming," he reflected, strenuous awkwardness of these the alarm it forces the top strip down,

of the door. Its three sharp

officers stopped his gam-bell starts to ring. Even if the door Repaissance architecture in the him curiously.

is withdrawn immediately the belt America. It was built in 1803-1812 observing the German's will continue to ring until run down, and is the city's third City Hall.

illustration is small enough to is effected by a spring, which is fasbe carried in the pocket or grip tened to the top strip, and passes

> COLUMBIA FOUNDED 1754. frame is a wedge I ING'S COLLEGE (now Columspring, and the bia) opened with a class of ten students on July 17, 1754. Its earliest sessions were held in the vestry room of Trinity Church.

CITY HALL 100 YEARS OLD. cruel discipline which put private close-wrapped in the precious gray "there's no way of telling a German Germans. As he neared the bank thereby pressing the button, and the German soldiers in such cringing There a second look showed him he vate. The human skin is the finest specimens of Italian

Fastion Editor, The Evening World: Will you please advise me how to remodel an evening dress of turquoise blue solree, the in front, but very full,

tion skirt.